



Carrot Pineapple Smoothie



Entire recipe (about 16 oz.): 136 calories, 1.5g total fat (0g sat. fat), 146mg sodium, 24g carbs, 2.5g fiber, 18.5g sugars, 6.5g protein

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Prep: 5 minutes



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Ingredients

1/2 cup pineapple chunks packed in juice (not drained)
1/2 cup unsweetened vanilla almond milk
1/3 cup shredded carrot
1/4 cup fat-free plain Greek yogurt
1/8 tsp. cinnamon, or more to taste
1 packet natural no-calorie sweetener (like Truvia)
1 cup crushed ice (about 8 ice cubes)
Optional: ground ginger

Directions

Place all ingredients in a blender. Blend at high speed until smooth, stopping and stirring if needed.

MAKES 1 SERVING

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